

Heritage Times

Vol. 33 No. 3

Heritage Hall Senior Center | Licking County Aging Program

May - June 2021

LCAP Volunteer Awarded Ken Johnston Volunteer of the Year



Each year the United Way of Licking County honors a community volunteer as the recipient of the Ken Johnston Volunteer of the Year. LCAP is proud that Linda Wright is the 2020 honoree. She has volunteered with LCAP for more than five years and given great support during the COVID-19 pandemic. Linda dedicates countless hours to our organization and helps with various projects, as well as assists in coordinating the other volunteers. She schedules AARP tax appointments, helps with the newsletter distribution, coordinates our essential care packages, among many, many other projects.

No matter the task, Linda handles each assignment with grace, composure and dignity. Her kind heart, compassion and commitment to LCAP

perfectly embodies our mission “to improve the quality of life for Licking County senior citizens by contributing to their independence and healthy lifestyles.” We also know that she serves other organizations and people in this community when she isn’t busy at LCAP. **Thank you, Linda – we are honored by your service.**

Join us in the Parking Lot

It has been a year since our last drive in sock hop, but we would like to try it again! Join us in the parking lot with Elvis to help kick off summer with some overdue fun. See page 8 for more details and make plans to join us on Thursday, June 3.



WELCOME



Visit our website:
www.lcap.org

Join us on
social media:



Licking County
Aging Program



@agingprogram



lcap_lickingcounty



Licking County
Aging Program

Join our email list:



Visit our website at www.lcap.org and sign up to receive your newsletter along with important updates from us through email.

Our funding partners:



Contact Us

Telephone:

(740) 345-0821
(800) 452-0097

Email Address:

lcap@lcap.org

Street Address:

1058 E. Main St.
Newark, OH 43055

Our Hours:

Office hours:

Monday thru Friday
8:00 AM to 5:00 PM

Building hours:

Due to COVID - 19 the building is currently closed, but we are still providing services.

Our Mission Statement:

To improve the quality of life for Licking County senior citizens by contributing to their independence and healthy lifestyles.

LCAP Staff Directory:

Administration:

| | |
|--|-----------------|
| Acting Executive Director | Melissa Owens |
| Home Services & ADC Director | April Sharp |
| Human Resources Director | Shari O'Neill |
| Food Services Director | Alexandra Brown |
| Transportation & Facilities Director | Mark Dinsdale |
| Management Associate | Jessie Jordan |

Board of Directors:

| | |
|----------------------|--------------|
| President | Tony Adams |
| Vice President | Olivia Biggs |
| Secretary | Erin Kelly |
| Treasurer | Kelly Wilson |
| Past President | Candy Wade |

Members: Dr. Craig Cairns, Erin Curtis, Todd Dodderer, Brad Feightner, Jr., Rusty Foley, Connie Hogue, David Martin, Dana Moore, Lacie Priest, Tom Scono, Rob Springer, Bethany Stickrad, Bart Weiler, David Wigginton, and Jane Woodland.

Board meets at NOON on the THIRD MONDAY of each month.

LCAP UPDATE



A Note from the LCAP Board of Directors

LCAP Board President Tony Adams announced the resignation of LCAP Executive Director Dave Bibler on March 26, 2020. While a search for his replacement is underway, Associate Executive Director Melissa Owens has been named Acting Executive Director. We are confident in her leadership and appreciate her willingness to serve our organization in this role.

The LCAP team is firmly committed to maintaining the same high levels of service and support to you and to our community. There will be no disruption to our services as we begin a robust search for a new leader, and we will keep you updated as to our progress.

Center for Visual Improvement

May is Healthy Vision Month, and the mission of our new department is to bring basic eye care to qualifying Licking County individuals in financial need: regardless of age. You can think of regular visits to the eye doctor as “preventative maintenance” for the rest of your body.

The eyes are not only “windows into the soul,” but also windows to your whole body health. They are the only place where your blood vessels can be viewed in their natural state without a surgical procedure. With this visual inspection of the blood supply, optometrists can spot many health conditions and vision problems just by taking a glance into your eyes. In a single eye exam, your optometrist can detect:

- High cholesterol
- High blood pressure
- Diabetes
- Liver disease
- Brain tumors
- Macular degeneration
- Glaucoma
- Cataracts
- Various blood diseases



**healthy
vision
month**

The Center for Visual Improvement has been with LCAP for more than four months now and it has been a wonderful addition to the agency! To better help our clients we have developed relations with local eye care providers along with companies that specialize in quality low vision aids. Individuals 18 and under, 60 and over, and those diagnosed with diabetes receive basic eye care and necessary glasses once a year. Healthy adults qualify for the same basic eye care exam and necessary glasses every two years.

Please check our Facebook page for a video on Tuesday, May 11 at 1PM, for a talk on eye health and suggestions for how to better preserve your vision, and the latest updates on our vision services!

NUTRITION

Did You Know? LCAP Makes Own Frozen Meals

Depending on the nutritional risk assessment from our case managers, some LCAP clients receive frozen meals that they are able to prepare on the weekends. In the past, pre-packaged meals were ordered and then delivered to clients. In 2020, due to supply issues, some vendors were unable to stock that quantity that we required. Using CARES Act funds distributed by the Licking County Commissioners, LCAP purchased a blast chiller to allow the creation of our own frozen meals in August 2020. A blast chiller, also called a shock freezer, is a piece of equipment that quickly lowers the temperature of food. Since this purchase, our Food Services Department has put processes in place to cook and create, package, and freeze our own meals. This is on top of the nearly 1,000 meals that are created daily in the kitchen! In addition, all clients have the option to receive a frozen meal when our services are unavailable for a holiday. LCAP strives to integrate innovative systems to prioritize sustainability, health, and wellness for our community.



Have a Berry Sweet Summer

Alexandra Brown, Food Services Director



Regardless of the diet routine that you maintain in your life, there are many ways that you can add a little sweetness to your summer that benefits your health. Smoothies are a great warm weather option! Nothing reminds me of the summers of my youth more than a blueberry passion smoothie. I now fully realize the significant health benefits of these cool beverages. Did you know that incorporating

blueberries into your diet may reduce blood pressure? Or, if you prefer strawberries instead, one cup of halved strawberries contains more than the daily recommended value of vitamin C. Take note of that Vitamin C because this powerful nutrient supports cardiovascular health. Both of these relatively low calorie berries are similar to blackberries and raspberries in their ability to promote satiety and overall physical wellness. Other ways to incorporate berries into your diet include adding them to your light summer salad, preparing a homemade berry glaze to compliment your favorite meat-based dish or, you can even consider mixing berry juice with your seltzer water. However you choose to do it, enjoy those berries and remember to stay hydrated, eat plenty of fruits and vegetables and take a moment to kick back and relax this summer!

Title and Website Source: *Celebrate Summer Fruits*. <https://www.todaysdietitian.com/newarchives/070115p20.shtml>

APA Source: Thalheimer, J. C., RD, LDN. (2015). *Celebrate Summer Fruits*. Retrieved March 17, 2021, from <https://www.todaysdietitian.com/newarchives/070115p20.shtml>

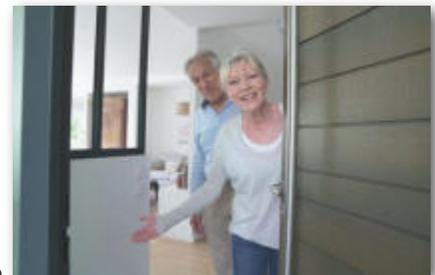
ELDER ABUSE AWARENESS

Let LCAP Be Your Connection

June is Elder Abuse Awareness Month and one of the greatest resources that LCAP can offer to seniors in Licking County is serving as a connection. It can be hard to imagine that anyone would deliberately want to harm a senior, but unfortunately, elder abuse is a widespread problem. Some instances of elder abuse are intended to exploit the person financially; you've probably heard of scams targeting seniors. In other cases, it's simple negligence: Caregivers don't provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene. If you see something, say something. If you feel that you have been approached by a scammer, or to report suspected elder abuse or neglect, you can make a report to Adult Protective Services by calling (740) 670-8800. They are open Monday – Friday, 8:00 AM – 5:00 PM. Outside of these times, please call the Licking County Sheriff's Office at (740) 670-5500.

More Than a Meal

When Licking County seniors receive their daily meal, they are receiving so much more than just a hot, nutritious lunch. Our meal delivery drivers distribute friendly smiles with each meal and provide a well-check each day to clients. If a client is not home or does not answer the door upon delivery, our staff gives a courtesy call to that senior. If they do not answer the phone, it is our policy to call the emergency contact to check in. This is why it is so important that clients give our Nutrition office a call if they have an appointment or will not be home for their meal. We have to receive confirmation that a client is well and accounted for. If we are unable to make contact with a client or their emergency contact on file, we will reach out to local law enforcement to check on seniors. We take our responsibility for a client's well-being very seriously. Last year, we put a new system in place to track these well-checks. From July – December 2020, our staff made over 600 checks to ensure our clients were safe and healthy. Remember to call the LCAP offices if you need to cancel your service so we don't worry about you!



Commodity Food Boxes

MAY distribution will be on **Wednesday, May 26th**

JUNE distribution will be on **Wednesday, June 30th**

For more information on receiving a box, please call (740) 345-0821.



Next Holiday Closings:

Memorial Day **Monday, May 31st**

Independance Day **Monday, July 5th**

Labor Day **Monday, Sept. 6th**

Next Newsletter Day:

Wednesday, June 16th

EVENTS



To register for any of our events please call (740) 345-0821.

CRAFTS

DIY with Dee



Thursdays, May 6th, May 20th, June 17th, July 1st: 1:00 PM

Tune in to watch Dee as she shows you how to make bird feeders, OSU inspired jewelry and some home décor decorations using items from the Dollar Tree.

HEALTH & WELLNESS

Healthy Vision Month



Tuesday, May 4th 1:00 PM

In honor of National Healthy Vision month, please join us for a film about the blind clockmaker. You can view this video on our Facebook page and website.



What is CVI?



Tuesday, May 11th 1:00 PM

Learn about LCAP's newest program, the Center for Visual Improvement.

Smart Snacking



Friday, June 4th: 1:00 PM

Snacking smart is essential to maintaining a balanced diet. Trail mix is an ideal on-the-go healthy snack to satisfy your daily food cravings. Join Alexandra Brown as she shares a few homemade trail mix recipes.

National Migraine & Headache Awareness



Friday, July 9th: 1:00 PM

Join us as we discuss the dietary triggers to headaches and the importance of B-vitamins (aka brain vitamins)!

GAMES

Parking Lot Bingo



Monday, May 10th and May 24th

Monday, June 7th and 21st

10:00 AM-11:00 AM

Join us on every other Monday in May and June for parking lot bingo! Registration required for each bingo.



TALKS

National Headache Month



Tuesday, June 15th 1:00 PM

In honor of National Headache Month, please tune in for a special video. You can view this video on our Facebook page and website.

Icon Key:



Live Events



Pre-recorded events that can be viewed any time.

EVENTS

TRAVEL

Traveling by the Seat of Your Pants

Join us as we wrap-up with the last and final stop on our adventures of traveling the world virtually.

May Destination: SPAIN

Bienvenidos a España



Tuesday, May 4th: 10:00 AM

You can find food, culture, history and more in Spain!

Cook with Us



Tuesday, May 11th: 10:00 AM

¡Tiempo para comer! (Time to eat) Join Alexandra as she prepare Spanish rice.

Virtual Travel Tour: Burgos Cathedral



Tuesday, May 18th: 10:00 AM

Wow, what beauty and history contained in one building! You can view this video on our Facebook page and website.



TECH HELP

ZOOM Clinic



Tuesday, May 25th

Wednesday, May 26th

Wednesday, June 9th

Thursday June 10th

Need help connecting with Zoom? The Licking County Library, 101 West Main Street in Downtown Newark, will be offering 45 minute appointments from 11:00AM-5:00PM with a Tech Trainer to learn how to Zoom. Bring your own personal device-cellphone, laptop, tablet, etc.-with you. Tech trainers will walk you through this platform and how to use it to connect with others. Call to reserve your spot today.



EVENING ENTERTAINMENT

Two by Two



Friday, May 14th: 6:00 PM

Stay in for a night of your favorite songs from a few familiar faces.

Drive-In Sock Hop with Elvis



Thursday, June 3rd: 5:00 PM-7:00 PM

Join us in your car for a Drive-In Sock Hop with Elvis to help us kick off a summer of some overdue fun! More details on page 8.

Greg Dickson



Friday, July 2nd: 6:00 PM

Let us help kick off your 4th of July weekend with an evening of dancing in your living room.



EVENTS

Drive-in Sock Hop with Elvis

Join us in the parking lot with Elvis (aka Lonnie Freeman) to help us kick off summer with some overdue fun on Thursday, June 3 at 5:00 PM. Vehicles will be parked in every other space to ensure safe, social distancing. You can stay in your car and tune into 95.1 FM to listen, or bring lawn chairs and sit in front of your vehicle.



Tickets are \$3 per person and include a hot dog, chips, drink, and a cold treat. Limited space is available and tickets will be sold on a first come first serve basis.

Ohio Senior Farmers' Market Nutrition Program

The Department of Aging partners with area agencies on aging to offer the Senior Farmers' Market Nutrition Program (SFMNP) to 5,500 Ohioans in 81 counties. Participants receive benefits to be redeemed for Ohio-grown fresh vegetables, fruits, herbs, and honey. You are eligible for this program if you are 60 years of age or older AND have an annual household income that is 185% of the poverty level or less:

- 1 person in household: \$0 – \$ 23,828
- 2 persons in household: \$0 – \$32,227
- 3 persons in household: \$0 – \$40,626
- 4 persons in household: \$0 – \$49,025

Due to the continued COVID-19 pandemic, \$50 produce boxes will be accessible to eligible SFMNP participants accepted into the program throughout summer 2021, in place of the customary \$50 worth of coupons that are eligible for use at area farmer's markets and roadside stands. LifeCare Alliance administers the SFMNP on behalf of the Central Ohio Area Agency on Aging (COAAA).

Produce boxes will be available on a first come, first served basis. LCAP will help coordinate the delivery/pick up of these boxes in August or September to Licking County seniors. If you are interested, please fill out the application on the next page, tear it out of newsletter, and return it by one of the following methods:

MAIL: LifeCare Alliance: SFMNP
677 Harmon Ave.
Columbus, OH 43223

FAX: 614-278-3143

You may also visit <https://www.lifecarealliance.org/programs/meals-on-wheels/farmers-market/application/> to fill out an online application. Please call the **Senior Farmers Market Nutrition Program** at (614) 437-2865 with any questions (This is a voicemail-only number and calls will be returned within 48 hours). LCAP will also have applications available for pick-up on the front porch.



APPLICATION

Ohio Senior Farmers' Market Nutrition Program 2021

| | | | |
|--|---|---|---|
|  CENTRAL OHIO AREA AGENCY ON AGING |  LIFE CARE ALLIANCE <small>Nourishing The Human Spirit.</small> |  | RETURN COMPLETED APPLICATION TO: LifeCare Alliance SFMNP 670 Harmon Ave. Columbus, OH 43223 1-614-437-2865 |
|--|---|---|---|

Each applicant must complete and submit a separate application for each program year.

| | | | | |
|-------------------------------------|--------------------------|---|--|--|
| First Name | | Last Name | | |
| Date of Birth (mm/dd/yyyy) | | Gender | <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> No Answer | |
| Mailing Address | | | | |
| City | Zip Code | County | | |
| Telephone Number | | | | |
| Email Address | | | | |
| Race (select all that apply) | <input type="checkbox"/> | American Indian/Native Alaskan | <input type="checkbox"/> | Native Hawaiian/Pacific Islander |
| | <input type="checkbox"/> | Asian | <input type="checkbox"/> | White |
| | <input type="checkbox"/> | Black/African American | <input type="checkbox"/> | Other |
| Nationality (select all that apply) | <input type="checkbox"/> | Arabic | <input type="checkbox"/> | Hawaii, Guam, Samoa, Pacific Islands origin |
| | <input type="checkbox"/> | Chinese | <input type="checkbox"/> | Of Spanish origin or culture, regardless of race |
| | <input type="checkbox"/> | Europe, the middle east, or North African origins | <input type="checkbox"/> | Origins in black racial groups of Africa |
| | <input type="checkbox"/> | Far East, Southeast Asia, Indian subcontinent origins | <input type="checkbox"/> | Of an ethnic race other than those listed |

Complete the following information **ONLY** if applicant is designating an authorized shopper.

| | |
|-----------------------------|------------------|
| Authorized Shopper Name | |
| Relationship to Participant | Telephone Number |

Check box corresponding to your **TOTAL** annual household income

| | | | | | |
|--------------------------|--|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | 1 person in household with income of \$0 - \$23,828 | <input type="checkbox"/> | 2 persons in household with income of \$0 - \$32,227 | <input type="checkbox"/> | 3 persons in household with income of \$0 - \$40,626 |
| <input type="checkbox"/> | 4 persons in household with income of \$0 - \$49,025 | <input type="checkbox"/> | 5 persons in household with income of \$0 - \$57,424 | <input type="checkbox"/> | 6 persons in household with income of \$0 - \$65,823 |

I certify that I am at least 60 years of age; a resident of this service area; have not received Ohio Senior Farmers' Market Nutrition Program 2021 coupons at any other location; and have a total household income that meets income requirements.

| | |
|---------------------|------|
| Applicant Signature | Date |
|---------------------|------|

I have been advised of my rights and obligations under the Ohio Senior Farmers' Market Nutrition Program (SFMNP). I certify the information I have provided is correct. This form is being submitted for Federal Assistance and is subject to verification. I understand that intentionally misrepresenting, concealing or withholding facts may result in paying the State Agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. Information will not be shared except for the specific purposes of responding to your request for assistance.



UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

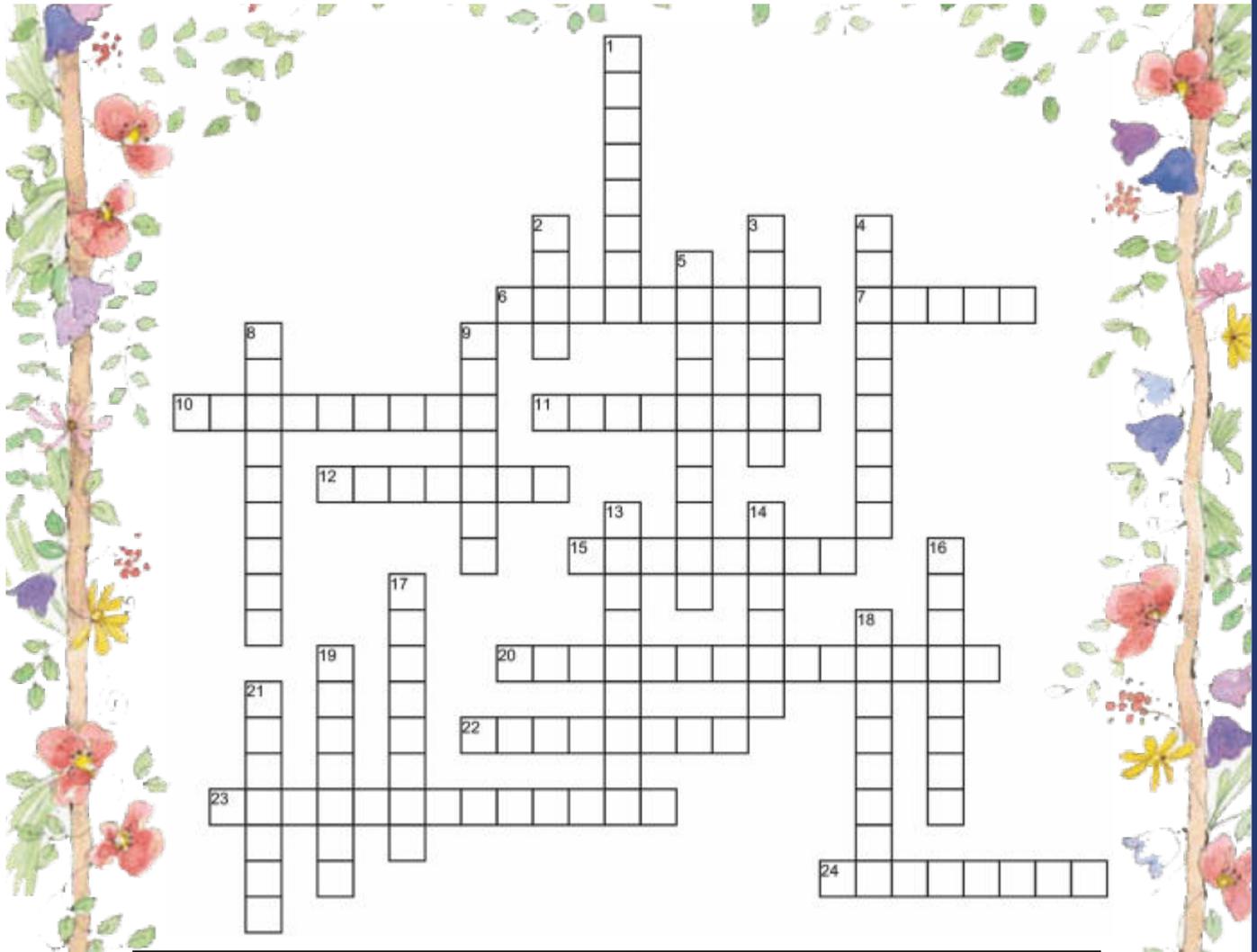
To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- ① **MAIL:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- ② **FAX:** (202) 690-7442
- ③ **EMAIL:** program.intake@usda.gov

This institution is an equal opportunity provider.

SUMMER CROSSWORD PUZZLE



Across

- 6. A track left by a foot or shoe.
- 7. A small house usually near a lake or beach.
- 10. Pyrotechnics.
- 11. Backyard game for 4.
- 12. How to navigate water without getting wet.
- 15. Having a lot of moisture in the air.
- 20. Cools off your house.
- 22. Portable shade.
- 23. Children's entrepreneurial venture.
- 24. Afraid to fly? Go on one of these.

Down

- 1. Beach attire.
- 2. Backyard oasis to cool off.
- 3. Summer footwear.
- 4. Healthy transportation.
- 5. Found at a roadside stand.
- 8. Beautifying the outdoors.
- 9. Cast your line.
- 13. Protect your skin from the summer sun.
- 14. Lunch on a blanket.
- 16. America's favorite passtime.
- 17. Creamy dessert, best served cold.
- 18. Annoying insect.
- 19. A meal or party which food is cooked and served outdoors.
- 21. This insect lights up the night.

DONATIONS

Mask Donations From Mathews Ford



Eric Hutchins from Mathews Ford in Newark delivers masks to Melissa Owens, Acting Executive Director of the Licking County Aging Program.

Thank you to Eric Hutchins and Mathews Ford in Newark for the donation of several boxes of masks. Our staff and volunteers distributed these masks and others like them to Licking County seniors during our Mask Drive-Thru Giveaway in March. LCAP is grateful for the many community partners who have reached out and provided support! Thank you to the volunteers (pictured below) who helped pass them out in the rain.



DONATIONS AND MEMORIALS

Thank you!

We are extremely fortunate that we have a taxpayer-approved levy that provides support for most services available from the Licking County Aging Program. For our LCAP clients who cannot afford to make a donation towards the cost of the services they receive, we can use the levy funds to partially fill the gap between what it costs us to provide the services and what we are reimbursed. If it is possible for you to make a donation for any of the services you receive, it will enable us to serve more seniors. If you would like to mail a donation to LCAP, you can specify which service you would like it go to or make your gift a memorial/honorarium of an individual. Please make a note on your check so we may designate your gift accordingly and mail your donation to 1058 East Main Street, Newark, OH 43055.

Thank you for helping us continue our mission!



In Memory Of:

- Teresa Ebert by Roberta Penwell
- Sarah Rock by Charles Schell
- Lela Hunt by Michael Roads
- Lela Hunt by Judith Zivic
- Lela Hunt by Sandra Mercer
- Marilyn Westfall by Robert Gault
- Shirley Davis by Pat Gilbert
- Betty Grove by Paul Richards
- Veronica Sforza by Diana Russell
- Lela Hunt by Leslie Emery
- Don Litterini by Bob & Judy Foster
- Don Litterini by Regina Pasini
- Kazuko Gosnell by Edna Ferroni
- Kazuko Gosnell by Ronnie Miller

Contribute To Our Veteran's Wall of Honor

If you or a loved one is able to donate or loan artifacts, photos, or articles to Heritage Hall, please contact Dave Martin, Communications Specialist at (740) 345-0821 ext. 233. We would treasure anything you could share with us!

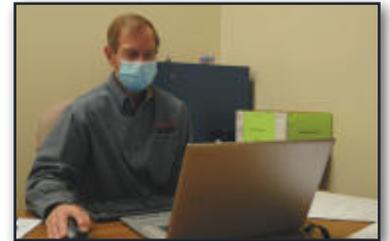


The Jerry McClain Companies
BUILDING YOUR FUTURE TODAY

LCAP HAPPENINGS

Taxes in Progress

Thank you to all the AARP Tax-Aide Service volunteers that dedicated countless hours these past few months to provide tax preparation for our seniors! Here are some candid photos of them in action.



LCAP Employees Give Back

The Food Pantry Network of Licking County is a great partner to LCAP, offering food for our Christmas bags in December and allowing our staff to pass our commodity boxes to clients each month, among other projects. LCAP staff was therefore eager to participate in Operation Feed this year and raise funds and gather food donations to contribute to the mission of our non-profit neighbor. Several workplace competitions allowed LCAP staff to donate \$300 and 43 pounds of food to the Food Pantry Network of Licking County. Great job, LCAP employees!



LCAP SERVICES

Home-Delivered Meals

Hot, nutritious meals are delivered Monday – Friday to qualifying seniors throughout Licking County. Each delivery is more than a meal – it is also a daily well-being check and a friendly smile.



Transportation

Professional and courteous drivers are available to transport you throughout Licking County and bordering counties. We can take you to non-emergency medical appointments, hospitals, doctors’ offices, vision appointment and pharmacies.

Chores

Let our Chore staff assist you with tasks around your home! We would be happy to help rake and bag leaves, clean windows or gutters, clean your carpets, or help with some inside chores.

Home Services

We have personal care and homemaking services available to those who are in need and eligible. Our homemakers can assist with light housekeeping and meal preparation, while our personal care aides are able to provide showers and baths and respite service for caregivers.

Social Services

Our case manager can assist you with Medicare, Medicaid, housing issues, and Social Security. They have access to valuable resources to provide assistance!

Smilemakers

Our staff makes friendly calls to seniors Monday – Friday. Each call serves as a well-being check, relieves the feeling of isolation, and provides information about valuable resources.



**Call (740) 345-0821
to find out more
about our services**



Lifelong Learning Institute

Arts, literature, philosophy, science, languages, technology, spirituality, economics, world affairs...and much more!

NEVER STOP LEARNING
because life never stops teaching!

Newark • Coshocton • Knox • Pataskala 740.755.7122



CATHOLIC SOCIAL SERVICES
Senior Supportive Care

Serving **All** Faiths and Backgrounds
Licensed Social Workers provide **FREE** support:

- Applying for Benefits • Budgeting & Finances
- Providing Referrals • Coordinating Medical Appts. • And More!

Call Tim at 740-345-2565, ext. 4 • www.colscss.org



FLINT RIDGE

NURSING & REHABILITATION

Dedicated Short Term Unit
Long Term Care Unit
Local Physicians & Staff
Therapy Services & Private Rooms Available

740.348.1300 | www.flintridgehc.com

[flintridgenursingandrehab](https://www.facebook.com/flintridgenursingandrehab)

1450 West Main Street
Newark, Ohio 43055

CCH A member of CCH Healthcare

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers

NOW ACCEPTING NEW PATIENTS.

BECAUSE
OF YOU



Granville

JULIE WHETSTONE, MD
BRENT DOWNING, CNP
ANGELA EUBANKS, MD
ELAINE KINNARD, CNP

**TO SCHEDULE AN APPOINTMENT
CALL 740-587-0870.**



mountcarmelmedicalgroup.com

DEL OPTICIANS

740-344-4747
1494 W. Main Street
Newark

Directions:
 1st light from Cherry Valley Rd
 (2 Blocks west of hospital)

We can help you
SEE YOUR BEST!

GREAT SELECTION
 OF EYEWEAR
 CONTACTS FOR
 DRY EYES
 SUN-CHANGING
 LENSES

PROVIDERS FOR
 ANTHEM,
 MEDICAID,
 MEDICARE &
 most vision insurances

Exam
 Evaluation for
 diabetes, glaucoma,
 cataracts, and other
 eye diseases



Dr. Mark Petrykowski
 optometrist

www.delopt.com



Jeff Richardson
740-404-2631

Lynn Richardson
740-405-6631

Your local, licensed Medicare Specialists
www.BothHandsFG.com

Medicare Questions?

Let us help you find the right plan for YOU!

- ▶ Medicare Advantage Plans
- ▶ Medicare Supplements
- ▶ Medicare Rx Plans
- ▶ Final Expense Insurance

Representing all major Medicare plan carriers



STAND OUT

with a PREMIUM DIGITAL AD
 on OURSENIORCENTER.COM



CONTACT US AT 800-477-4574

Licking County Veterans Service Commission



935 Buckeye Ave.
 Newark, Ohio 43055

(740) 670-5430

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jayne Pandy** to place an ad today!
JPandy@lpiseniors.com or **(800) 477-4574 x6401**



We at Arlington Care Center are committed to treating each of our residents with honor and respect. The needs of the residents are served with dedication and care, in an atmosphere of warmth and friendliness, in a fiscally responsible manner. Through superior medical care, socialization and stimulating activity, residents are encouraged to meet their potential for physical and psychosocial independence.

— COME TAKE A TOUR! —

98 South 30th St, Newark, OH 43055
 740.344.0303 | www.arlington-care.net



7400 Hazelton Etna Road, Pataskala, OH 43062
 740.964.0803 | www.tuscany-gardens.net



We provide a home like environment with outside patio areas, restaurant style dining, and an extensive activity program to meet each individual's needs. The expertise of our rehabilitation department assists our residents in achieving their maximum potential, servicing both inpatient and outpatient. As well, our short and long term care patients benefit from private suites and bathrooms, available phone and Wi-Fi service, cable television, an in-house Nurse Practitioner, and restorative nursing programs.

ARE YOU REACHING THE SENIORS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpseniors.com/advertising



SENIOR LIVING AT ITS FINEST

In a Country Setting
Affordable 1 Bedroom Apartments

Oak Hill Manor

One Cross Street • Utica, OH 43080

Open to Seniors 62 and older

Income based Housing



Equal Housing Opportunity



AMENITIES:

- One floor plan
- Covered porches
- All utilities included in rent
- Huge community room for activities

Now accepting applications

For more info, call Monday thru Friday
(740) 892-2353 • TDD 1-800-750-0750



Help Keep Seniors Safe

Report Abuse,
Neglect, or Exploitation

740.670.8800

Licking County
Job & Family Services
Help for today. Hope for tomorrow.

Adult
Protective
Services

**HINERMAN
ELECTRICAL
SERVICES
LTD.**

740-349-9530

**Residential
Commercial**

Ohio License #28179
Insured & Bonded

**ASK ABOUT
OUR
SENIOR
DISCOUNT**

Generator Back Up Systems • Service Upgrades
Repair & Remodeling • New Construction
Bucket Truck Service • Gasoline & Petroleum

COLLISION REPAIR SPECIALISTS

Pagani's
DOWNTOWN CAR CARE

Service The Way It Should Be.

175 Everett Ave. • Newark, Ohio 43055

740-345-5560

www.paganisdowntown.com

MediGold is here.

It's your life, and at MediGold we believe you deserve to live the best and healthiest life possible. That's why we're dedicated to providing you with the care you need at a cost you can afford. We invite you to give us a call or visit us online where we'll make sure you're informed of all your options and explain why a MediGold plan is right for you, right now.

To learn more, call 1-800-964-4525 (TTY 711),
8 a.m. – 8 p.m., 7 days a week.

Or visit MediGold.com

MediGold is a Medicare Advantage organization with a Medicare contract.
Enrollment depends on contract renewal. H1846 H3668_011sponsorship_19_M

MediGold
Medicare made easy®



Questions about Medicare...
Call Lydia Grieb, a Local Independent Agent

LYDIA GRIEB INSURANCE, INC.

- MEDICARE SUPPLEMENTS
- MEDICARE ADVANTAGE
- MEDICARE DRUG PLANS

**CALL 740-345-2909
FOR AN APPOINTMENT**

*Not connected with or endorsed by the U.S. government or the federal medicare program.

We are **helpers** **peace** of
mind cheerleaders **hope**
freedom { **caregivers** }.

Call for a free consultation!
740-322-6000
Licking.FirstLightHomeCare.com



an affiliate of Ohio's Hospice

800.804.2505

Columbus • Newark • Lancaster • Zanesville

www.HospiceofCentralOhio.org



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574



Chestnut House
LICENSED ASSISTED LIVING



Located in a quiet residential neighborhood, the Chestnut House has what you are looking for in an assisted living community. A smaller, homelike atmosphere with a nurturing staff is why our residents choose us. Please stop by for a tour.

Chestnut House: 1065 Johnson Ave., Newark, Ohio 740-366-5271

- ◆ Nurse on property 24 hours a day
- ◆ Three floor plans to choose from
- ◆ Restaurant style dining
- ◆ Private pay community
- ◆ Daily planned activities
- ◆ Small pets permitted



THE INN AT
CHAPEL GROVE
AN ASSISTED LIVING RESIDENCE

*Where Your Family
Is Our Family*



Call 740-522-HOME

Ask to speak with Julie
to schedule a tour & have lunch!
1400 Chapel Way • Heath, OH
www.ChapelGroveInn.com

OH-000118712



985 North 21st Street, Newark, Ohio 43055
www.brucker-kishlerfuneralhome.com

740-366-3343

PROUD TO BE LOCALLY, FAMILY
OWNED AND OPERATED FOR
THREE GENERATIONS.

Licking County Aging Program
Heritage Hall Senior Center
1058 E. Main St.
Newark, OH 43055

Non-Profit
Organization
U.S. Postage Paid
Permit No. 58
Newark, OH
43055

RETURN SERVICE REQUESTED



SENIOR FAN CLUB

Licking County seniors can receive relief from the heat through the LCAP Senior Fan Club. Seniors age 60+ who reside in Licking County may qualify to receive a fan. Fans are available for pickup by appointment only Monday through Friday.

LCAP is also accepting new or gently used fans and monetary donations to purchase new fans for senior citizens. For more information, please call Dee Allen at (740) 345-0821, ext. 212.

